



Friday 19 December 2013

YOUR FREE WEEKLY NEWSPAPER.

Time out: 10 min



Half Marathon is
yet again a success
SPORTS
Pages 3+12



We invite to see
Macbeth Kills
COMPETITION
Page **22**



Food review: The Barley
Man, Walderton
FOOD & DRINK
Page 24

'Sick' cameraman exposed

➤➤ *Racist videographer confesses in writing that he has 'issues'*

MANAGING EDITOR:
JAMES H. HARRIS, JR.

AN UNLIVED Jewish couple have described their day out at a Gloucester synagogue's anti-Semitism unit on the soundtrack to their wedding video.

Charles Fowler and Rita Casanova found that it was littered with food wrappers, cigarette butts and empty cans. Anthony Casanova died yesterday but he was recovering from a London operation, he can be heard telling his assistant: "Some of the Jewish women are worth a visit to look at."

He always loved people who are "the meanest people in the world". (John 13:1)

lot of success about them as these? Very little
worry.

Miss Cameron, 47, a London lawyer for Ralph Lauren, and Mr. Gorman, 46, a senior executive at investment-firm KPMG, held their reception at a central London hotel in August last year.

It was midlife that they realised the marriage had pulled up the videographer's camera on

All was quiet on the wooded road. Mr. Sanchez, originally from Ecuador, was heard to say: "Mami, ¡tardó dancing con'ti!" There's a real feeling of, like, they're better than everybody else. Good?"

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[MORE HEADLINES >>](#)

MANAGEMENT OF
ACUTE CHRONIC
HOSPITAL PATIENTS

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CHARLITE ADEYINJI, M.D., is a board-certified pediatric endocrinologist at the University of Michigan Medical Center, Ann Arbor, Michigan. She is also an assistant professor of pediatrics at the University of Michigan Medical School. Dr. Adeyinji is a past president of the American Society of Pediatric Endocrinology and the Michigan Society of Pediatric Endocrinology. She is also a past president of the Michigan Society of Pediatric Endocrinology. Dr. Adeyinji is a past president of the Michigan Society of Pediatric Endocrinology. She is also a past president of the Michigan Society of Pediatric Endocrinology.

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UNIVERSITY OF CALIFORNIA
MUSICAL THEATRE AND
DANCE

Page 18

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'Sick' cameraman exposed

Continued from page 1

His constant note "That's my baby, Helen!" Mr Anorak replied as he filmed the bride from only a few feet away. "I don't think I shall be a bride!"

The couple, from Edgworth, had attempted to film Mr Anorak for weeks – but since the wedding in August last year his film showed down his back screen, making a difficult job even for the local crew.

Mr Anorak has now sent a glowing hand-written letter and an e-mail to Mrs Gorton.

"I am very sorry for our stupid, childish, unceremonious," he wrote in the e-mail. "I am also very sorry for offending you and possibly your family also. You did not deserve the text, uttered, in honesty. The letter contained a cheque for a full refund."

Mrs Gorton said: "The cameraman was left as looking very angry and very angry." He laughed and said: "I thought we were a bit more usually than we are and he wanted that."

"I would think that, on this day and age, someone who had done a family wedding in the past would be more accepting."

Mr Anorak was not available for comment and has since shot his last film.

Chichester & Hen, 18th May 2013

I do not really know what to say. I see now my character is weak and need to look at myself. I am deeply sorry I offended you. I have enclosed a cheque for a full refund and am really sorry.



Anthony

Anthony Anorak and his strange wedding

Half Marathon is yet again a success



Full marathon and half marathon runners.

DESPISE the wet weather on Sunday morning, over two thousand took part in the Chichester Half Marathon. The 13.1 mile run is a challenging yet beautiful half marathon that was named to raise over a 25 year distance. The event raises vital funds for the work of Chichester and the Eden and was again hailed a success by event organisers.

Continued on page 10

Man cleared of sex act with Chichester hospital patient

ATTENTION: ASSISTANT has been cleared of sexual activity with a patient with a mental disorder in last Chichester hospital trial.

Sgt Paul Ramsey, 37, of Loughton Road, Chichester, had denied the charge, saying the woman looked and smiled like he charged her looking.

English Crown Court heard the 30-year-old woman, who had a mental disorder, was recovering from surgery.

The hospital trial and it had a duty to protect to short police.

Mr Paul Ramsey had been in duty at St Richard's Hospital in January last year when the woman was admitted with a diagnosed disorder.

The prosecution said he was discovered by another patient who pulled back the sheeting curtain after having "sexual contact".

Mr Ramsey said the patient was Mr Paul Ramsey's patient, but he was a woman, and she was on the floor before leaving when he was in the ward.

The following morning the woman told staff that a male nurse had made her sleep with him, he said.



Sgt Paul Ramsey

Police were called and Mr Paul Ramsey's DNA was found on samples taken from the woman, he added.

The defendant assistant told the court the woman had asked him for a drink and said that he had been on the floor and got her hand made to his hand, saying "Good night, I love you."

During the trial, prosecutor Marnie Fletcher told the court the woman had been vulnerable and an "easy and obvious target" because of her mental disorder.

But he said there was "evidence about her credibility" and she had previously made false allegations of rape.

She was not called as a witness during the trial.

The jury accepted Mr Paul Ramsey after two hours deliberation.



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Anorak Corner

Did you know? A taste of Chichester facts and figures...

Did you know there are 12 churches in the Rother Valley between Mid-Corsham and Petersfield?



Tweets of the Week!

All tweets are from Chichester people or about the area (Some tweets may contain errors)

@chichesterherald

44 Are you an artist who has been inspired by @Chichester Harbour? Entries needed for the Harbour Open Art Exhibition. **39**

@TommyWinters

66 Had a lovely time today at Bishop Luffe school in Chichester, talking to students and collecting a book award! **39**

@SteveMcMahon

66 Thanks Michele @stevenaccedmyuk & Jo for a fab lunch date in @BellePatisserie. @Chichester - a treat & welcome treat! **39**

@ChichesterYT

66 @ChichesterYT Park is looking well but on @Chichester Councils website it's been collected locally (before the rain came)! **39**

BDA, Interagency

66 Well done, Cllr Dressed as Picasso. @Oliver_Sumner completes the 2012 Chichester Half Marathon. **39**

Follow us: @chichester

You never imagine this day will come, but it must. And it has!

DRUMHART IN THE PARK

The 10th of October in the Park is a success. I love doing park as it looks like a Dr Who Cyberman doing an Easter Island salute.

DRUMHART IN THE PARK

The 10th of October in the Park is a success. I love doing park as it looks like a Dr Who Cyberman doing an Easter Island salute.

TEACHERS STROKE

The teachers strike yesterday passed off a bit like a war. I went to school to see the teachers. They were all in the school. They were all in the school. They were all in the school.

JEANS

I have decided never to wear jeans ever again. I have decided never to wear jeans ever again. I have decided never to wear jeans ever again.

NORWAY

The world's oceans are not to rise and the world's oceans are not to rise and the world's oceans are not to rise.



Tommy Boyd
Mayor of Chichester

Mayor Tommy Boyd during his visit to the city. He was accompanied by a large number of people. He was accompanied by a large number of people. He was accompanied by a large number of people.

JEANS

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IDEAS

IDEAS: Major changes. A lot of ideas. A lot of ideas. A lot of ideas. A lot of ideas. A lot of ideas.

CONFESSION

I found a girl on my phone. I found a girl on my phone. I found a girl on my phone. I found a girl on my phone. I found a girl on my phone.

PRICING

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Police seek South Stoke burglars

POLICE are appealing for witnesses after a man and a boy were seen cycling away from a burgled house.

At about 10pm on Tuesday 10 October a home in South Stoke, near Arundel, was broken into and items including a laptop and a watch were stolen.

A man in his 30s and a boy of about 15 were seen riding away from the scene on bicycles at about the time of the break in.

The stolen items were listed as follows:

Both were white, tracked and clad with black trousers and orange anoraks.

Sussex Police have launched Operation Magma to tackle burglary across the county. Detective Constable Jon Tizzard, of West Sussex CID, said: "It is keen to speak to anyone who might have seen the two

suspects cycling away or who recognise the descriptions of them.

"They did not have the appearance of mountain bikers who may use the nearby South Downs or Monks' Head and appeared out of place."

"It is also the hope to anyone who may have seen people riding suspiciously in the area in the days and hours before the burglary."

"There is a reward on offer in this area across the riding, mountain-bike region and to make sure that as the campaign draws in that those known as witnesses both at night and during the day."

Anyone with information should call the anti-burgling unit, 01243 810000 or the independent, charity CrimeStoppers anonymously on 0800 555667.

Man assaulted near nightclub in Oving Chichester

A 27-YEAR-OLD MAN has been attacked in Thornton Lane 1/2 way, as he walked with his brother from the car park at Thornton's nightclub.

The assault took place at about 9pm on Sunday 12 October when the victim was approached by a suspected burglar who was seen to be holding a knife.

It is believed that a lot of people have been present during the attack and police are particularly interested in hearing from any driver who may have been present at the time.

Detective Detablet Gurne Personal said: "This was a particularly nasty and cowardly attack on my brother's person. We want to find out who did this and we want to find out who saw it. If you saw anything at all please contact us."

Anyone who witnessed the incident is asked to call the anti-burgling unit, 01243 810000 or the independent, charity CrimeStoppers anonymously on 0800 555667.

Woman pleads guilty to £29,000 benefit fraud

A 46-YEAR-OLD woman received a 12-week prison sentence, suspended for two years, after falsely claiming nearly £30,000 in benefits.

Lorely Day (46), formerly of Oxford Circus, West Hove, had claimed the money for over six years while living to declare that she had a substantial monthly private pension.

Miss Day was charged with 12 counts of Housing Benefit and £3,000 in Council Tax Benefit between November 2010 and January 2017.

She appeared at Hove Magistrates Court on Tuesday 10 October and pleaded guilty to charges of dishonestly making false statements or representations to Chichester District Council.

Magistrate sentenced Miss Day to 12 weeks imprisonment, suspended for two years. It was Miss Day's third conviction.

for benefit fraud. She has recently moved away from the Chichester District.

Councilor Tony Degrave, Cabinet Member for Finance at Chichester District Council, said: "Benefit fraud is a very serious crime and we will prosecute those people guilty of it. All incomes and capital has to be declared, no matter what the source. The benefit system is there to help those who are in need, not those who want to abuse it by claiming money they are not entitled to receive."

Chichester District Council will now seek to recover all the overpaid benefit.

If you suspect anyone of committing benefit fraud you can contact the council's enquiries team on a confidential 24-hour fraud hotline number on 01243 810000 or you can report it online at www.chichester.gov.uk.

Spate of criminal damage to vehicles in Chichester

POLICE are appealing for witnesses after five vehicles were damaged in the early hours of Sunday 12 October in Chichester.

The parked vehicles were suffered damage to doors and wing mirrors in Pottery Farm Road at about 3pm.

Three men, two aged 23 and one aged 25, were arrested shortly on suspicion of causing criminal damage. They have been released on bail until Monday 13 November.

PC Kevin Chubb said: "We are appealing for witnesses who may have seen the vehicles being damaged or saw anyone riding suspiciously."

Call police on the anti-burgling unit, 01243 810000 or the independent, charity CrimeStoppers anonymously on 0800 555667.

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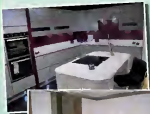
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THE TEAM from Chichester Harbours is busy in Chichester having fought against the French authorities to have their trip cancelled due to adverse weather conditions but it has not dampened the spirit of the team.

The original challenge was to participate away from Dover to Hastings across the English Channel. The challenge would have taken around 4 hours and would have proved a task. So the challenge had shifted to sailing the Solent. Weather, in miles from Bournemouth to the Humber is some of the best in the UK.

On the 9th of October the team successfully completed the row, a boat with 4 members achieving the record time of 4 hours 35 minutes. And covering the full 20 miles.

James Brown, organizer of the challenge and manager of Chichester, said: "We have heard a tremendous amount of praise for the Chichester Foundation, and many other events the past few other charities, thank you for the biggest challenge any of us have undertaken."

This challenge is all part of the big



fundraising plan for Chichester. A series of activities can raise enough money to further the work of the Chichester Foundation and build a house for a family from the Malawi village in the Kovele region of South Africa, giving them a new start. Our target is to raise £25,000.

A big thank you goes out from Chichester to everyone who has participated in the row, their travel and meals. Mike Gilbert & Shelley Cook from Langstone Harbour, Caroline Thomas from Liss, Graham, Jo Barber, Trevor Shepherd, Sherry Merritt,

Mark Sidman, Adam Eddison, Gary Shepherd, and the founder of the charity Glen Gomers.

To explore the row please visit the just giving page justgiving.com/Chichester. To find out about any events Chichester are holding visit chichesterfoundation.co.uk. Chichester would also be grateful for ANY unwanted clothes, linens or books.

For further information please contact Emma Eddison on 01243 882633 or at info@chichesterfoundation.co.uk



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Itchenor Sailing Club offers unique coastal venue for corporate Christmas Parties

ITCHENOR SAILING CLUB, situated in the idyllic location on the edge of Chichester Harbour, is opening its doors this winter to host corporate Christmas parties and activity days.

Traditionally a waterside-only club, Itchenor has much sailing heritage and has a real sporting tradition. With its Grade II listed clubhouse and stunning coastal views, it is the perfect venue to hold your Christmas party or Christmas team building event.

Itchenor are offering you the chance to get together with a group of friends or colleagues and make your 2013 Christmas celebrations one to remember, with a full day of high adrenaline activity followed by a fantastic Christmas dinner and party.

Guests can choose from a selection of activities including ice surfing, windsurfing or a high-speed jet treasure hunt. This opportunity to fantastic for team building, corporate entertainment or for those just wanting to let off steam during the festive season.

The club is also running Christmas party nights throughout December for groups of



5 up to 100. The evenings will include a drinks reception, a delicious three course meal carefully selected by our in-house gourmet chef and a disco. With the only log fire, stunning location, high class facilities and welcoming atmosphere, it is sure to be a Christmas celebration to remember.

Our festive party nights are on 6th, 13th, 20th, 27th, 3rd and 10th December and are at a cost of £250 per person.

To make a booking or for more information and reservations to secure your place contact Itchenor's dedicated event planner who can assist in making the perfect corporate experience - huy@itchenorsailingclub.com.

Funerals that meet your needs

THERE ARE definite elements to make when a loved one dies. There is much to think about, it's easy to forget that you do have a choice. Less than 1% of the population ever consider themselves regular worshippers. So when it comes to planning a funeral, they automatically turn to the Church.

But why not consider an alternative? The Institute of Civil Celebrations defines a Civil Funeral as 'being based on the beliefs, wishes, values and cultural traditions of the person who has died'. A trained Civil Funeral Celebrant knows with your chosen format of direction, meets with you personally, and then prepares the ceremony. They will cater for your wishes and make practical suggestions about content and structure. You may prefer that they write the tributes, or you can do that yourself. Parts of the ceremony can be led by the family, or you can hand over to them completely. Most importantly the choices are yours to make, thus ensuring that the occasion



is exactly how you want it to be. Many people know exactly what they want, and that element of planning this will eliminate pre-purchased funeral plans. Peace of mind for those left behind can be very important.

There are no hard and fast rules. Love, music, favourite songs, readings, humour, personal tributes, colourful coffins and waterfalls of flowers, balloons and dove releases, anything is possible.

A good funeral should be a celebration of a life that was well lived. Surely everyone deserves that?

Malcolm Driver MSc, Civil Funeral Celebrant, www.civilfuneralscelebrants.co.uk. Tel: 01243 819399

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Manuka celebrates anniversary with move

The month marks the third anniversary of the opening of Manuka Wholefoods in Chichester. They have another reason for celebration, having recently moved into their new shop in The Broadway, off Northgate, with great plans for increasing their product range.

Manuka Wholefoods is a family business run by Gwyneth and Tris Langford, supported by Gwyneth's mother Judith, who brought her childhood up according to holistic principles of natural remedies and nutritional support. They thought she was mad then but her approach has brought Gwyneth and Tris lasting health – she was just ahead of her time. Judith would love to lend a helping hand in the shop, which is also ably assisted by the two Gwyneths, Eirwyn and McGowan, who are long-standing members of staff. Their focus is a real focus on New Zealand as well as, of course, the fact that they stock a selection of Manuka honey which has so many health benefits.

The Broadway is proving an excellent location, being close to the theatre, our park and bus routes. Manuka enjoy being near some complementary businesses such as Café Paradiso, the new Solihull Midwifery Centre, and Whipped & Baked. Their product range includes dummies

that you might think as well as the traditional staples of pulses and grains they stock organic that is veg from local growers. Manuka Organic, bread, local honey, and foods to suit various dietary preferences including gluten free, vegetarian, and vegan. Freshen Wholefoods more are made at the moment, and Manuka are displaying suggestions on how they can build up our immunity for the change in seasons.

Manuka are excited to be expanding their range of supplements and dummies/lozenges, which will be completed on a new area of the shop shortly. A new notebook will enable local practitioners to promote their services.

Manuka offer one of the best loyalty schemes in retail, and their customers love to get their cards stamped, knowing that they will get a significant discount off a future purchase.

They have so many natural products www.thewholefoods.co.uk for people who want to get in the shop, and they place all sorts of information including health tips and new products on Facebook, www.facebook.com/manukawholefoods and Twitter @chichesterbiz. Manuka are always happy to answer questions in person, by email info@manukawholefoods.co.uk or phone 01243 756966.



The simple test that could save your sight

SUFFOLK HEALTH Chichester is holding a free open event for those who may be suffering from, or want more information about, Glaucoma.

Glaucoma is the leading cause of irreversible blindness in the UK, affecting almost two million people, with roughly half of them unaware that they have Glaucoma.

Glaucoma happens when the eye is unable to drain fluid properly, leading to a build up of pressure, which eventually damages the optic nerve. Early stages of the disease can often be asymptomatic or the symptoms develop very slowly.

Habiba Aslamgah, new Consultant Ophthalmologist at Suffolk Health Chichester, said today: "Glaucoma is a progressive disease that cannot be cured but the progression can be stopped. Therefore it is essential to get early diagnosis. With that, we can put measures in place to ensure a patient can maintain their functional sight for the rest of their life – it's a manageable disease if caught early."

I would recommend all adults going to an optician for a regular check up every two years. This means that if there are signs of glaucoma detected, we can address it early. If you have a family history, you can have a free eye test once you reach the age of 40."

Although sight that has been lost can not



Habiba Aslamgah, Consultant Ophthalmologist at Suffolk Health Chichester

be replaced, treatments and surgery are much more successful now than before and can reduce eye drops to reduce eye pressure, or laser treatment or surgery to improve the eye's drainage.

For more information about the event contact Suffolk Health Chichester, at 95 Excepsford, Chichester, West Sussex, or call 01243 756966.



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Haunted half term 'spooktacular'

THOSE LOTS of spooky programs around the Chichester District this weekend half term – do you dare to join in?

There are creepy craft activities, 'evil artefacts' handling, spooky stories, a lion-collector's mansion trial and chance to make a 'Skeleton on a string' at The Haven.

Young participants who dress up in their most frightful Halloween costume get free admission to The Haven.

More information on the activities can be found on the activities website www.chichester.gov.uk/constant/TheHaven.html or email thehaven@chichester.gov.uk or call 01243 779100.

Meanwhile there is a whole range of activities for sports youngsters.

Marple Lane Chichester will be running a daily 4 hour holiday club, from 9.30am to 5.30pm, during half term for children aged six to 16 who must continue to do for the whole or half day.

Activities on offer include:

- Games, role-play, stories, trampolining, table tennis and badminton, tennis sports, art and craft, sensory music, and play.

Costs are £10/week (sleeps from on Thursday to October).

Those at Cooper child psychology Ltd for a half day. To book a place please call Marple Lane Chichester on 01243 779100 or email marplelane@chichester.gov.uk.

There are lots of sports holiday centres

around the district for boys and girls aged six to 16. All the centres run from Saturday and the cost is £10/week (sleeps from on Saturday).

The courses are:

- Rugby at the Conventary – on Monday 10 October at The Academy, Solihull delivered by Gunning Force Rugby Coaching Unit.

- Club Sport Netball Camp – a new course for half term on Tuesday 10 October at the University of Chichester.

- Club Sport Midweek Camp – on Wednesday 10 October at the University of Chichester.

- Football at the Conventary course on Thursday 10 October at The Academy of Chichester and on Friday 11 November at The Academy, Solihull delivered by Albion at the Conventary.

A new Saturday morning sports programme for young people is being set up at the University of Chichester. Starting on Saturday 9 November it will include:

- a football club from 10.30am to 12.30pm, and

- a multi-sport club offering sports activities from 1.30pm to 3.30pm daily.

All coaches are fully qualified and are DBS checked for child safety.

For more information on the courses, please contact Chichester District Council sports team on 01243 779100 or email sports@chichester.gov.uk.

Santa's coming to Goodwood – for St Wilfrid's Hospice

GODFREY Motor Circuit will be the venue for an exciting new fundraising event in aid of St Wilfrid's Hospice.

Motorcyclists across the area are being encouraged to dress up as Father Christmas and donate their bikes to a festive ride for the Hospice on November 10 which will take place on Sunday, at Goodwood.

Bikers will get to take part in two parallel rides of the historic Goodwood Motor Circuit and then tackle the prestigious Hailsham 100 (The World of Speed) principal attraction – which over the years has been proved by some of the world's most famous racing drivers.

Communications and Events Manager, Jill Dumas says: "Hailsham 100 is going to Goodwood for the evening to see of their prestigious bikes which will be making a bid to raise not just a few quid but a wonderful cause."

We hope it will be an eye-opening and fun day in which people can support and raise awareness of St Wilfrid's Hospice."

Paul Huggitt, a long-time member from Chichester who is organising Santa on Motorbikes, said: "It's a unique and extremely exciting event! Motorcyclists will really the opportunity to ride not only the historic Goodwood track but also the world famous Hailsham 100."

St Wilfrid's Hospice would love to see



being seen at the gathering, at Goodwood at the beginning of December for this fantastic opportunity and raise funds for the Hospice at the same time. All motorcyclists hope all Santa – and their bikes – will gather for some well-earned refreshments.

Bikers at Goodwood are urged to register by the 25th November. Register online at www.santasbikes.co.uk Call 01243 557100 or email [fundraising@stwilfrids.co.uk](mailto: fundraising@stwilfrids.co.uk) for more details.

WHAT'S ON in your area...

• **Monday 11th October**

08:00-08:30

The Apple drive Café/tea
Pump Festival and Firemen Road
Chichester PO19 7BN
Doors open at 10.00
Tickets: £10 in advance £12 on the door
Tel: 01243 773808 or 01793 803340
Buy online: www.blossomfestival.co.uk

• **Charity Dinner at Marple Lane Chichester on Sunday 10th December** 7.30pm to 10.00pm per person which includes a 3-course meal (choice of meat, fish or vegetarian), glass of red or white house wine and a coffee. Lots of champagne for lucky ladies, ladies plus 10% with wine great prices.

50% of ticket price being donated to Dreams Come True.
Tickets available from Marple Lane at Dreams Come True. Telephone 01243 773333 or e-mail www.dreamscome>true.co.uk

• **The Friends of St Richards Hospital will be holding a 'Spent off the Street' at Great Hall, St Richards on 29th October 2013 from 10.30am-12pm.**

A large variety of new and great gifts will be available together with products from local suppliers. Refreshments will be available. As St Richards is the owner of Hildesley Restaurant at Hildesley will be giving a complimentary demonstration to add some bite to the

Christmas Table

All Haines members are invited to the New Eye Club at St Richards Hospital for any further information please ring the Friends Office on 01243 800880

• **CHICHESTER ROCKS** (The Chichester Amateur Music Club) invites all who would like to enjoy their own choice of music and those who would like to enjoy local music performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the studio wing of the Gables (see Gables Lane Organ PO19 2BP)

More details from Andrew@chichesterrocks.co.uk or 01243 770011

• **Autumn Production – The Thirty Nine Steps** 20th to 28th November The Thirty Nine Steps. But not as you know it. Based upon Hitchcock's classic film the adaptation of John Harewood play written by Patrick Carver.

There are several scenes by Steven Corder and Hilary Danks and by award-winning writer Edward Irving for Terry Angell. Led by both a singing group and Chichester Comedy Club to the play has popular to the Hildesley Players has added a Saturday matinee to the award-winning production of Thirty Nine Steps and more. Tickets will be £5 each and will be available by visiting our website or at St Richards Hospital. The Hildesley Players website



Autumn Production at the Thirty Nine Steps, Chichester Comedy Club, 20th to 28th November

at www.thirty-nine-steps.co.uk or by telephoning the Friends Office at 01243 800880 or by post by sending a cheque to the Friends Office at The CM School Hall, Hill Road, West Hildesley, Chichester PO19 2BP

Afternoon meetings current and past pupils at West, 100 at Dugby all levels of ability welcome. Meetings to members, friends, contact Geoffrey on 01243 557100 or geoff@stwilfrids.co.uk

If you would like a non-profit or profit to charity we intend the 2nd and 7th weeks to be available. Chichester Herald is at all times we subject to change without notice and mentioned here is required and is provided. Chichester Herald cannot be held responsible for any charges occurring after publication.

Food & Drink

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Cosy country pub exceeds expectations

Hearty, wholesome winter dishes and friendly staff await at the Barley Mow, Walderton



East of the South Downs, there are many charming villages, including Ringley Vale, recently which made the pub a focus for country walkers and cyclists.

One of these regulars dishes a dish 'Stew as a Stone'. A deliciously tender steak served on a smoking stone which you can leave on the stove to cook for as long as you like. As well as a local watercress salad, roasted vegetables, grilled mushrooms and freshly baked chunky

chicken meat bats to follow.

The bar and restaurant serves as a meeting point for locals and welcome get-togethers for millions by day, as well as a cosy country pub perfect for dinner with friends in the evening.

It is a traditional country pub offering high-quality traditional dishes which are simple but very tasty. If you are looking for a traditional English pub with hearty food and a relaxed feel, then look no further than the Barley Mow.

The pub also offers a distillery, formerly an old bakery, which is open to the public bar and restaurant. It can be hired out for parties and events. Other events at the pub include live music every month (Pete Dutton & Gerry Haged), monthly charity quiz nights and weekly curry nights. Christmas bookings are now being taken and the pub is always open on Christmas Day. For more information visit

www.thebarleymowpub.co.uk
info@thebarleymowpub.co.uk
01243 671 589

The Barley Mow, Walderton,
Chichester, West Sussex, PO18 9GD



Food and Restaurant Review

Personnel: Generous
Service: Attentive and friendly
Value for Money: Very reasonable
Ambiance: Cozy and comfortable

TUGGED away in the small village of Walderton in the South Downs, the Barley Mow is a home from home offering locally sourced produce in a friendly atmosphere.

The building itself was built in the 18th Century, once used as a headquarters for the local Home Guard during World War 2 and regularly hosts the Remembrance 2nd bar raised on character and charm offering open space for a winter and a pretty country garden to match. Given its location in the

ridge, there are panoramic views to complement the fish, meat, chick, and fish poultry, beef, and lamb steaks. Other seasonal treats include bread and green pepper and cheese added for a small charge.

Dinner is a collection of pub classics including more chocolate brownies, soups, bread and butter pudding, and other seasonal favourites. If you have enough room to browse with vanilla ice cream, there's a

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Celebrate Autumn with Russells Garden Centre

RUSSELLS GARDEN CENTRE will be celebrating Autumn next Wednesday by holding a cookery demonstration with Chef Yvonne Biddle.

Russells owner, Lesley Phillips, said: "Autumn is a chef's favourite time of year as our local produce is at its best. It's the first time the autumnal colours are in full swing and the weather is just what you need. It's a real character."

Following the recent renovation and relocation of the food department, Chef Yvonne Biddle said: "We are now able to offer a much wider range of dishes and we are looking forward to showcasing our new menu. It's a real character."

Following the recent renovation and relocation of the food department, Chef Yvonne Biddle said: "We are now able to offer a much wider range of dishes and we are looking forward to showcasing our new menu. It's a real character."

Chichester grew up in the United States and enjoyed a successful catering career which included working for restaurants in Hollywood and presenting her own US TV show before settling down in sunny West Sussex.

This is a free event where you may pay



as it is a free event where you may pay as you go. The event will be held in the new outdoor restaurant table looking in the garden.

"A taste of Autumn" Wednesday night October 22nd at Russells Garden Centre, 34 Shore Road, Chichester PO18 8QZ. russells-garden-centre.co.uk



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Tesco to provide seven million meals to those in need through partnership with FareShare



TESCO has announced it will provide the equivalent of seven million meals a year to more than 1,000 charities across the UK by strengthening its partnership with food redistribution charity FareShare.

The news comes as figures published today by FareShare show the organisation is facing record levels of demand for its services and providing food to some organisations that over before.

The figures show that FareShare now provides food to more than 1,000 charities across the UK – a 30 per cent increase just six months. More than 60,000 people a day are being fed through these charities with the support of FareShare who redistribute surplus food passed down the supply chain.

To help meet this increase in demand,

Tesco has announced it will be donating all surplus fresh food from its distribution centres and online grocery centres to support FareShare. This will amount to more than 1,000 tonnes, enough for seven million meals each year.

Tesco will provide FareShare with fresh produce including items such as chicken, peppers, apples and other fresh fruit and vegetables.

The partnership will result in FareShare helping the charities they support including homeless shelters, breakfast clubs for children and foodbank clubs for the elderly serve an estimated 14 million in the first year of the scheme. More than 100 per cent of these charities create these savings into providing more support services for the people they help, such as counselling.

As well as donating their fresh food, Tesco will provide further support by delivering the food directly to FareShare through the extensive Tesco distribution network.

Roberta Shalley, Tesco Group Corporate Affairs Director said: "Foodbank Food Day is a timely reminder that food poverty is a growing problem in the UK and across

the world. Our role puts us in a unique position to make a difference, so we're building on our relationship with FareShare and through this, we'll be giving all our surplus fresh food to those who need it most. This will provide seven million meals for people in the UK and will also help us to tackle food waste."

Lesley Lewis, CEO of FareShare said: "For the first time ever we are supporting more than 1,000 charitable charities in the UK. Our partnership with Tesco will enable us to provide even more high quality, nutritious food to some of the most vulnerable people in our society. It will also mean the charities we support will save millions of pounds on their food bill, which they can invest into providing additional support services for their beneficiaries, helping to get people back on their feet."

One of the charities that receive food from FareShare is Denise Ransom in London. This day centre supports up to 100 people at a time, providing them with a day, clothes, food, advice and advice.

Veronica, Denise Ransom said: "Food is around for us and it is a big attraction for the people who look to Denise House for support.

Regular food is vital for both the physical and mental health of our clients – people are healthier and happier when they are fed and warm. It could be much harder without FareShare and the food they provide us with helps us save time and money. The food is put to good use and is really appreciated."

Providing food then allows the centre to focus its efforts on directly helping their clients with other needs, such as securing clothes for a job interview, or finding a place to spend the night.

The announcement follows Tesco's pledge to take the lead in tackling food waste and as part of its wider commitment to use its skills to help. Surplus food is the result of over ordering or mislabelling but is still in date and safe to eat. Instead of this surplus food being sent back to suppliers, it will now be passed to FareShare and used to feed people across the UK.

Tesco already supports FareShare through its National Food Collections which take place in Tesco stores across the UK twice a year. Since September 2009, Tesco and its customers have contributed the equivalent of 50 million meals to food charities.



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For more information or to make a booking please contact Katie Scopes on 01243 536666

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Gebruikswijze

Travel

Christmas markets in Italy

The Christmas Market in the Piazza Venezia in Rome each year is believed to be a bit weird; its stalls filled with sweets and chocolate and traditional carnival. Every year at Christmas time, in central Rome is set up in the middle of Piazza Venezia the *Mercato di Natale* and continues through January.

Monitoring the no-risk set up in December in many towns in the UK, it's a great way to get on the festive spirit. If Rome is a cry you would like to enjoy your Christmas shopping in, then why not head there with a group of friends? Staying in apartment in the city will offer a cost effective way for a group to rent and will ensure that you have more money left over to spend in the market!

2) You are already seated. Faced with everything a different city in Italy, then someone also has a Christmas market for tourists to enjoy from the end of November onwards, children can enjoy a visit to Babbo Natale in his grotto in part of the Torinese Hotel. Natural food sold year-round in the famous Langhe region are also plenty of opportunities to understand the typical landscape (one of the most of the many profiles). In addition to this market, Piemonte also hosts an annual Mercato Tradizionale (also Giuseppe Giannini Market), held in the Piazza Savona Square. It is filled with stalls selling both typical Piemonte crafts, but also plenty of Italian made gastronomy, including a type, and seasonal fruits. If you want to visit right on the foot of the Alps, you can visit the Christmas market of the Alpi Italiane, a small settlement part of the Alps.

Other Turin Christmas markets include during the run up to Christmas include Santa Maria, Piazza, Piazza and Moncalieri.

Could you have your year-end in Turin to ensure that you have the chance of visiting some of the cities of the markets on offer. Under a few days, to visit the region and the surrounding areas, you will see and experience it all.

Further North in Italy, both Verona and Venice also play host to some wonderful Christmas markets. Verona e Piazza dei Signori plays host to the city's Wineshanty market, a common sight of market selling a wide range of Verona food specialties and handmade Christmas decorations and gifts. Verona's best seasonal shops from the last week of November open a few days before Christmas.

The Campo San Stefano in nearby Vicenza is similarly transformed into a Christmas village in the weeks prior to Christmas. The square is full of wondrous stalls, each selling Christmas treats and gifts with a more Italian bias, from meat and poultry to local Venetian specialties.

Verona's Piazza dei Signori is a fine landmark in that it's where the market is dedicated to Italian food from delicious pastries to almost anything you can eat, often serving them all on bread.

Most of them, you could extend your trip to either Verona or Venice with a few days in Lake Maggiore. With some great shops in surroundings at Lufu Maggiore's marina, it's a chance to relax before the busy Christmas season. The village has a warm, intimate feel and is centrally located in



the Swiss part of the lake). The town enjoys some wonderful viewpoints: the run up to Chateau and visitors can enjoy on during in the main square.

Lake Meapoon is also a great base to enjoy a trip to 'Oh Bay' 'Oh Bay' in Milne, a famous Christmas festival which always starts on the 26 December, the Feast Day of Saint Andrew, Milne's patron saint. Also known as the Fair of Saint Andrew's visitors will find plenty of stalls selling everything from decorations to food and from jewellery to fabrics.

For more information on the Christiana markets on offer throughout Italy or for information on the accommodation available, visit bookchristiana.com.

Have fun in the sun on a family holiday to Jamaica

WITH THE British weather turning autoproxy skies and wet weekends, now is the time to look that warmer sun half term holiday to the Caribbean's most family-friendly island, Jamaica.

In addition to your round numbers and award-winning beaches, Jamaica also offers families a wealth of activities to choose from with more attractions than any other Caribbean destination. From climbing the world-famous Dunn's River Falls to Ocho Rios and swimming with dolphins to exploring Jamaica's scenery on quad bikes, there's sure to be something for all adventurous tastes.

Families can discover from a range of tempting October Half Term offers including swimming, family packages. Samples of each can be found on the October Half Term

Down Right All Inclusive Accommodation
at Beecham Oaks Resort from \$5,250 per
Family

A series night package at Bowdon Oaks Race Resort & Golf Club as a Luxury Included (all inclusive) basis costs from £2,250 for a family of four. Price includes return flights from London Gatwick to Maranga Bay, seven nights accommodation and resort transfers. Price is based on a family of four travelling from 18 October until 4 December 2003. For further information or to make a booking, visit bowdonoaks.co.uk.

Lower Night Package: 4 Half Moons from
Dinner per Adult and 2 per Child - serving
over 10 people

\$150 per child, among over \$100 per family. Other midsize flights with Virgin Atlantic from London Gatwick, airport transfers, 25% off seven nights accommodation and breakfasts are included. Prices based on two adults and two children sharing a Junior Suite, departing on 27 October 2012. To book, visit www.britainonair.co.uk.

Seven Night Hotel Board Packages at Round Hill Hotel and Villas from Guggenberger Family
www.guggenbergerfamily.com

IFC Classics is offering a seven-night package at Raried Hall, York and Wilton, featuring the first half of the beautiful of four, including 50th anniversary on the second child's room. Other includes flights from London/Gatwick with Virgin Atlantic, private transfers and seven nights half-board accommodation. Prices based on two-adults and two children, sharing two-Guests View Rooms, departing on 27 October 2012. To book, visit chloesnow.co.uk.

Seven Night Packages for the Price of Five at Jamaica Inn from \$5,000per family
 Celebrating anniversary, a seven night package for the price of five at Jamaica Inn on Ocho Rios from \$5,000per family (dinner, exclusive flights, use of a lounge at Catwalk, private massage, seven nights room-only accommodation and Regency Club food and beverage credit per suite, per stay) Prices based on two adults and two children, and on combining two separate 5-night stays, departing on 19 October 2003. To book, visit www.ji.com

For more information on Jamaica, go to VisitJamaica.com.

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On the water

ALL THE LATEST WATER
SPORTS NEWS IN CHICHESTER

Itchenor XODs win close battle with Royal Burnham Yacht Club

ASTONISHING teams of sailors from the Royal Burnham Yacht Club sailed Itchenor today for a series of races across the local XODs. The three races started on Saturday afternoon with an hour-long race around the local marks in Chichester Harbour which went down to the water's edge, strong side on. The first two legs of the races saw the teams closely matched, but by the end of the second windward leg Itchenor had established a commanding lead with their three boats in the top three.

However, as the race boats headed for the long run to the finish, the Burnham boats came back and scored down many of the way to the line with two of their boats moving up to get and get points. With the scoring done it was Itchenor's race and as the boats were about to start.

The evening hospitality at Itchenor Sailing Club left none of the team members the worse for wear and there was lots of attention for the provision planned for Sunday morning. The water gate appeared to have managed against the tides on the wind at 10 o'clock was our last boat. Unfortunately the boats were forced down harbour as the tide was a little lower than expected on the sea. By 11pm a gentle

breeze blew in from the South to enable the racing to begin. Over the next windward/leeward races the Burnham sailors demonstrated their experience in team racing and scored a perfect one, two three in the second race of the series. Then set up the final race as the leader.

The Burnham team then demonstrated that they had learned the lesson that the start was critical with each of their boats covering one of the Burnham boats. These tactics saw Paul Taylor of Burnham having to contact having been asked the wrong side of the line. Itchenor's captain David Prescott shadowed his opposite number Stephen Herring all round the course.

That ultimately allowed Itchenor to move from 3rd to 1st place when he returned onto the line. As they approached the line Herring engaged Prescott as they crossed to allow his colleague Steve Adams through to win. With Herring and Prescott too close to call, as they finished, it was down to the contact for the last place to decide the race and the winner.

As the two final competitors crossed the line it was John Tattersall a Burnham boat that was judged to have crossed ahead of the last doing Taylor by a matter of inches.



Sailors compete on the Itchenor XODs. (Left to right) Prescott, Taylor, Adams, Herring, Taylor, Prescott, Taylor, Prescott, Taylor, Prescott. Photo: Guy Herring

And as the series ended with Itchenor enjoying the benefit of experience and with the boats and sailors heading forward to the members of Burnham next season.

Results:
Race 1 Itchenor won 8-10
Race 2 Burnham won 10-10
Race 3 Itchenor won 10-11

Back to basics – Free Back Care event offers simple steps to banish back pain!

1 in 3 adults suffer with Back Pain. Do you?

One out of three people in the UK experience lower back pain every year. Prolonged back pain can make life difficult for sufferers, decreasing mobility and causing many people to turn to pain killers for relief. For most people with the right approach the discomfort of lower back pain can be avoided.

To encourage people to keep their back strong, Nuffield Health Club are hosting a free Back Care event delivering the right approach to prevent repetitive back problems. The event will take place on Wednesday 23rd October from 9am to 5pm at Nuffield Health Club Chichester. There will be free expert advice sessions and the chance to

participate in a free taster classes held by the club's Personal Trainers & Wellbeing Educators. Come and learn more about building up your back preventing your core strength muscles.

The Back Care event is a free Health event open to non-members. A free 1 day guest pass will be available to use the club on the day. Spaces are limited for the event so

pre-booking is advised. To find out more or to book call the club on 01243 788678.

Wednesday 23rd
October 9am to 5pm
Nuffield Health Club
Chichester - Chichester
Gate – Free 1 day Guest
Pass on the day! -
www.nuffieldhealth.com
01243 788678

What are your core muscles?

Your core is the base of your body's stability. The core muscles, including your lower back, abdominal wall and pelvic floor and diaphragm muscles are a group of stabilisers that when strengthened can protect you from injury and pain.

Through a sedentary lifestyle and poor posture, these deep muscles surrounding the spine can become weakened and lose coordination. Core strength training exercises are designed to target these muscles and help them to activate at the right time.

Health Care Experts

The back care event
Wednesday 23rd October

Property

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FEATURE PROPERTY:
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£375,000



A three-bedroom detached house located in a sought-after private estate, within approx. 300 yards from the beach. The property would benefit from some modernisation & refurbishment. G.F.R. uPVC double glazing, uPVC front & back doors, shower room, dual-aspect lounge, dining & kitchen, 2 x 11 bedrooms, three full bathrooms, garage, garden, 100' long D.D.

For more information, contact Constigable Estate Agents on 01243 267026
www.constigableproperty.co.uk



New survey shows snooping habits of our nosey nation

The UK is a nation of money pariahs with 40 per cent of people admitting to ever mooching on their neighbours, new research commissioned by British Telecom shows.

Dwight Blake sought to find out just how many lifts are guilty of wrongdoing on their neighbors and what motivates them to peek through the curtains to see what is going on in the world around them.

The research was carried out by Viatcheslav and surveyed more than 2,000 people across the UK. It found that 45 per cent of women alone to ever having smoked in their workplaces, compared to 34 per cent of men.

However, men would be more likely than women to confront a neighbour they believe was smoking on their/ his/ her own or 30 per cent, which is perhaps due to the fact that fewer men than women surveyed believe the smoking on neighbours is a social taboo: 46 per cent of men vs. 41 per cent of women.

Duvert Islands also found the nation has a number of teenagers up there alone for whom they are stepping in for their neighbors. Over two-thirds of respondents who have ever done this (77 per cent) admitted to peering through their net and/or blinds to eavesdrop on their neighbors and more than one-third (37 per cent) even admitted to harassing all the children from their rooms.

The most common reason respondents gave for why they would group on their

neighbourhood may however, a local and, for
cultural name (CO-DES-0001)

Interestingly, many respondents said that having an underlying illness more or nearly would not make them more likely to stop on their own, nearly half (49 percent) claimed it would make no difference to their habits.

Regions where people are most likely to snoop on their neighbours (based on percentage of respondents who admitted to spying) were assessed on their neighbour's

L. South-West (Lph's)

a North West (44%)

$$y = \text{South East} (1970)$$

g. West Midlands (45%)

3. East of England (42%)
Regions where people would be most likely to confront neighbors for smoking (based on percentage of respondents who said they would be least/very likely to confront a neighbor for smoking)

1. North: 1000000

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2= Northern Ireland 40%

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Direct leads work as an online only brand, supplying quality blinds to measure window blinds direct on the internet to customers nationwide. Established in 1994, we are still family owned and family run.

Wake me up when the first leaf falls

AUTUMN is well and truly here, with many people already patting their Christmas plans underway. We are finding that what is in fashion in the world of furniture, change and changes as often as clothes and hairstyles. So how can you ensure that you're on trend, without having to constantly alter your house and your space? MakeCliments, expert designers of luxury furniture, maintain our F&F and F&F stores has predictions for what to look out for this

A lot of this season's colour trends have taken inspiration from the glimmers of the German cathedrals and there are some really exciting colours emerging. Expect to see glowing bronzes, coppers and lively corals, all of this season's fiery summer shades.

Underlying early trends particular to making a presence in the marketplace, the re-interpretation of old Mediterranean Tarragona with contrasting soft blues and greens, this season notes the influence of classic and contemporary styles.

Before you tell your open about this next colour (believe me I have surprised a few people when showing them this as extra) Silly shades of grey aren't just a novel. People are really beginning to have fun with all its competitive tones, gun metal, silver and charcoal, combined with strong accent colours like

orange and deep fuchsia, with surprisingly soft

It is not just volume that is making a splash, we are discovering to use the return of older print techniques. The improvement in digital technology and the reproducing archive designs are undeniable. The developments allow access to experimental settings privileging back to the mid twentieth-century from places such as the V&A museum and beyond. As a result, we anticipate people inspired by Melbourne and the Pacific Coast.

This innovative digital technology has also injected life into the printing style of the arts and crafts movement. There has been a revival in the very old twentieth-century art which is set to return. The accomplished artists are being brought back to life in the form of wood block prints producing decorative, fresh designs. Keep an eye on evolving influences that maintain the quintessentially English feel—classics with elements of modernism.

Finally, and lets face it, we can't hide the fact that, come October, designers always love to use traditional autumnal colours. Masses of oranges will be blowing into the metallic shine of winter greys or cooler, more sophisticated shades of blue.

You can see how some of these breeds are showcased with Parker and Perry's latest collection. For more information on Parker and Perry and the Interior Designers' Pavilion, visit www.parkerandperry.com.

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**IDEAL HOME SHOW
AT CHRISTMAS
EARLS COURT
15 NOVEMBER 2013**
Adult & Senior Citizen £34 & Child £20

The Ideal Home Show Christmas is based on the same format as the London shows but with a 'Christmas twist' incorporating more gadgets, shopping and gifts in time for the busiest retail period of the year as well as featuring themed room sets offering style and advice on how to dress a home for the Christmas season. More than 400 exhibitors are expected to showcase their latest products.

Pick ups in Chichester, Ross Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington



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& CARIBBEAN PIRATES

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9 JANUARY 2014

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Brian Corley stars!

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Isolated Britain: half of Brits do not know their neighbours' first name

RESEARCH from Chardall Home Insurance highlights how isolated members from our closest neighbours, with 50 per cent of people admitting they have not spoken to any of their neighbours in over a month, rising to three in ten (30 per cent) of 45-54s.

Despite often living just a few metres away, over half (54 per cent) of those with neighbours admit they cannot recall their first names and 70 per cent are unaware of their full names.

The findings highlight a lack of familiarity for those living close to us, as 50 per cent say they would not even recognise their neighbour's person. Almost three quarters (70 per cent) did not know what their next door neighbour did for a living, 50 per cent were unable to recall how long their neighbours have lived in residence and over half (55 per cent) had no knowledge of whether their neighbours rented or owned their homes. A further 50 per cent were unable to recall whether their neighbours have children and 47 per cent said the same about pets.

Martin Scott, head of Chardall home insurance, said: "Neighbourhoods with no neighbours have no safety net, and the consequences for the person living the way we live, work and

socialise has evolved. We more have more frequently spend a lot less time communicating face to face and are more cautious about who we welcome into our homes. As a result, we have very little about our neighbours, as we all get on with our own business.

The lack of trust and familiarity between neighbours does have implications. People may be less willing and less able to watch out for each other - isolating themselves attempts on a neighbour's property is very difficult if we cannot recognise the person who lives there. Home care services will struggle to work properly, however, maintaining a good relationship with those we live closest to can make our communities a safer and more suitable place to live."

Highlighting a stark contrast to neighbouring households, Chardall research reveals that less than a third (30 per cent) of us would call our neighbours friends, falling to 18 per cent for those aged 45-54. In fact, 50 per cent of people say they distrust, dislike or deliberately avoid their next door neighbours. For younger residents, this figure concerns to



youngest.

What the research indicates that younger people are significantly more relaxed from those they share a street or building with, they are also more likely to have around

around 10 working neighbours and nearly 50 per cent of those aged 18-24. In contrast, only 10 per cent of all UK adults admit to having close ties, compared to 50 per cent of those aged 45-54.



READER OFFER

KENSINGTON PALACE

FASHION RULES EXHIBITION & VICTORIA REVEALED

29 OCTOBER 2013

Adult £38, Senior Citizen £37 & Child £20

A glamorous new exhibition, **FASHION RULES** at Kensington Palace, features rare and exquisite dresses from HM Queen Elizabeth II, Princess Margaret and Diana, Princess of Wales. Regent dress displays will explore how these royal figures were representative of the spirit of each decade, reflecting and inspiring everyday fashions.

VICTORIA REVEALED is the first permanent story of Queen Victoria. In her own words, her story from childhood to old age will reveal her intimate private life set against her regal role and the conflicts this caused and dedication required of her as a person.

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READER OFFER

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ILLUMINATED CARNIVAL

16 NOVEMBER 2013

Adult & Senior Citizen £30 & Child £24

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ALDWICK

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Spacious & extending detached property situated in a rural private estate with well access to the beach. The property which would benefit from some refurbishment is set on the level with a large hall to the front and detached house. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



ALDWICK BAY ESTATE

£785,000

An exceptional construction of a detached house situated in a prime location and approx. 300 yards from the beach. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



BOSE GREEN

£215,000

An excellent house situated in a residential development with 400 yards of Rose Green estate. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



ALDWICK BAY ESTATE

£205,500

A present for all! A detached house situated in a prime location and approx. 300 yards from the beach. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



ALDWICK

£227,500

A four year period two bedroom first floor apartment situated in a prime location and approx. 300 yards from the beach. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



ALDWICK

£167,500

A three bedroom detached house situated in a prime location and approx. 300 yards from the beach. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E



ALDWICK

£145,500

A four bedroom detached house situated in a prime location and approx. 300 yards from the beach. The property has been built to the highest of standards and is a superb 4 bed property. It is a four year period mortgageable property. Impressive dual aspect open plan living on the only living level and on a finished lower ground floor. Large kitchen, full size kitchen, master bedroom in suite (master on 2nd floor), bathroom, three garage and good sized plot with access to a small river which is extremely popular with the residents. LTF, RATING: 5, Further 3 bedrooms requiring the residents. EPC Rating: E

Motors

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Ferrari apprentices start living the dream

Enzo Ferrari, the legendary founder of the Italian racing team, once said that "A Ferrari is a dream. For most, it will remain a dream - except for those lucky few." The six new trainees who started their 3-year Ferrari Apprenticeship are indeed "those lucky few".

Completion for a place on the Ferrari Apprenticeship scheme was a considerable feat, with over 100 applicants from across the world vying for the limited places at Ferrari's Maranello factory in Italy. The new Apprentices will be employed at Ferrari's headquarters throughout the UK, and will complete 18 months of training at Ferrari North Europe's head office as part of their 3-year apprenticeship programme.

Mark Tarr, Regional Manager Ferrari North Europe, commented: "We are delighted to welcome the new Apprentices to Ferrari as well as our existing staff, a prestigious Apprenticeship is the sign of a truly qualified Ferrari technician. We have been overwhelmed by the interest in this programme. This project is part of the Ferrari philosophy of creating a young talent and we are proud to continue this philosophy through the Ferrari North Europe Apprentices Programme and to ensure that the Ferrari network has a continual supply of high quality, knowledgeable and expertly trained operators who will hopefully become the

Ferrari technicians of the future".

During the 3-year programme, the Apprentices will receive extensive training on diagnostic and mechanical equipment required to service and maintain the current range of Ferrari models such as the Ferrari California, 458 Italia, F12berlinetta and the Rapido. The Apprentices will also have access to other models from Ferrari's recent past, including the F40, 288 GTO and 308. To ensure they have the necessary skills to confidently service

the new they are most likely to see in the workshop at their respective dealerships. Promoting the success of this programme, the 6 graduating Apprentices have all been employed full time or fully qualified Ferrari Technicians in the Official Dealer network. Moreover, completing the Ferrari Apprentices programme is not the end of their training regime with Ferrari. In fact, Ferrari has one of the highest rates of training days per employee of any automotive

brand, particularly for technicians, due to the very complex, unique and highly advanced technology which is featured in the current product range - much of which has been developed through Ferrari's experience in F1. This means that Ferrari Apprentices - now Ferrari Technicians - will continue to receive on-going training at Ferrari North Europe, as part of a structured career development path for their entire career - as is usually used to train technicians in new processes,

methods and technology every time we introduce a new car.

The Ferrari North Europe Apprentices Programme is open to all males, between 16 and 21 years old, and includes a degree and 18 months of specific training at Ferrari North Europe's head office during the 3-year programme. These international openings for the September 2014 intake should require your interest at ferrari-apprentices@ferrari.co.uk.



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Motors

Night-time curfews not the answer for young drivers says The Co-op



The Co-operative would support the introduction of a Graduated Driver License program which would require new drivers to a greater number of driving experience to prepare them for life on the roads.

However, The Co-operative Insurance believes enforcing a night-time curfew as part of the GDL is not the answer.

James Milnes, Director of General Insurance, said: "We fully support the aim of making the roads safer for everyone, but believe that educating young drivers will be more effective than imposing such a restriction."

"We recognise that too many young drivers are involved in road accidents, and that their presence is higher as a result, but believe there must be better

ways of encouraging them to drive safely."

"In 2012, we launched the Insurance for Young Drivers where a smart teen is matched to a car. The scheme has helped cut accident rates by a fifth by helping to inform young people how to improve their driving and rewarding responsible driving with lower premiums."

In addition to the significant reduction in accidents, claims for the most serious type of 'catastrophic' accident are 20% lower. The scheme also reduces premiums on how the individual driver - not on how their parent's age group drives - and has helped lower the average young driver premium by over £400.

James added: "Our experience with telematics shows that the technology can inform young people how to improve their driving, and encourage rewards for good driving, with lower premiums."

In the case of night-time curfews, young drivers may have to read to drive at night, such as for work, and we're concerned that curfews would have unintended impacts on their lives.

Telematics programmes on driving behaviour, which include the time they drive, and how they drive when accidents are more likely to occur the premium will reflect this.

"Passing your driving test and getting a car is an important milestone step for young people. We believe that taking this responsibility as a driver seriously and the car should be in helping them to drive safely."

The Co-operative Insurance Young Driver scheme uses a Smart Box installed in a car and takes the driving of a young driver, acceleration/braking, cornering and time of day, from which young drivers receive a score that will put them in a discount providing that they drive safely.

Young drivers with The Co-operative Insurance do not have a penalty charge for driving at night but the risk will be reflected in the premium.

Customers can earn 50% of their initial premium back in discounts if they achieve a top score of five for their overall driving performance.

HIGH TIME: restrictions on young drivers could not be part of the solution to increase safety on Britain's roads says The Co-operative Insurance.

Transport Research Laboratory has made a series of recommendations for new drivers which include night-time curfews. These come ahead of an imminent Connected Glass Paper on how to improve young driver safety.

Motorists install cameras to combat crash for cash claims



Motorists are installing video cameras in their cars to combat crash for cash claims.

The devices, known as dash-cams, record the view through the windscreen and capture events before, during and after a collision.

The recorded footage can also be used by defendants against accusations of lane-hogging or tailgating on motorways. Insurance firms find penalty legislation which sanctions firms in August.

Hollards is introducing new car camera products in response to the growing demand, noting the technology that has been widely used by the emergency services for many years accessible to all motorists who want to film their journey for protection.

The Connected Travel Insurance estimates around 30,000 crash for cash claims take place every year, costing insurers around £100m, and putting up pressure for better, smarter drivers by around £40.

new.

A new tactic that is being used by increasingly bold thieves has also emerged this year. They flash their headlights to give motorists the impression they are being followed before a main road but then accelerate to make total the accompanying driver safe.

Hollards car technology manager Alex James said: "Following an incident people are often reluctant to report police and bring their vehicles forward." It is believed the reason for this is that no solid cash for cash claims is coming pressure comes among insurers drivers.

"The usage of recording devices are now often means that we can provide drivers with the means to provide evidence of how an accident occurred and release it from the road once."

The new car cameras are available at Hollards stores as well as Hollards cars.

Lord March announces provisional dates for the 2014 Goodwood motor sport events

GOODWOOD Festival of Speed and Revival founder Lord March is able to announce the provisional dates for the next year's two leading motorsport events. It should be noted that at the time of the 2014 Festival of Speed and Goodwood Revival, dates are provisional and subject to change, pending confirmation by the FIA of the 2014 Formula 1 calendar in December.

The 2014 Goodwood Festival of Speed will take place from Thursday 20 June to Sunday 24 June. The 2014 Festival promises to be packed with action and excitement, as the planet's most prestigious racing machinery and famous drivers gather together in the beautiful surroundings of Goodwood Park. The theme for the 2014 Festival will be announced very shortly.

The Goodwood Festival of Speed will open with the Winning Horse Show on Thursday 20 June 2014, to give our car buyers and motorist enthusiasts the



opportunity to see the very best models up close, and to experience drive from one of the world's most exclusive venues within the grounds of the Goodwood Estate, including the new Festival paddocks.

The 2014 Goodwood Revival event for the weekend of 20-24 September 2014. The sell-out Festival will be a magical step back in time, celebrating the halcyon days of motor racing as it used to be, with all of the accompanying spectacle and glamour of the 1950s. Competitors and spectators alike dress in period costume, with the finest sights and entertainment of the previous era for all to enjoy.

Sport

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Straight from the commentary box

Like leaves falling from the trees in Autumn



Johnny
Cantor

And so it's started. Like leaves falling from the trees in Autumn, managers have begun to get the axe. David Hoyle has given his coaching orders at Sheffield United, Martin Allen has moved from Plymouth Argyle and Kevin Blackwell has been relieved of his duties at QPR. There are always a number for these and other decisions from a Championship way different from club to club.

However, I do have the words 'It's a month too late'. Apart from strong, like, obvious, it can mark other factors. All right, changes in budgets, player values. Results do count and consistency is always cited as the key to success. I was reminded that week by the former Albion striker and current Coventry Town boss Ritchie Barker of another point this week. He believes clubs should also be praised when they back a manager through hard times prior to success. He was

talking about Bradford City who will arrive in Sussex this weekend under boss Phil Parkinson. He will be remembered for taking the team to Wembley but he was under considerable pressure early on in his career there.

As I look to Albion's trip to visit that weekend it was interesting to see Gary Johnson at the 10th (out of 24) longest serving managers at a club and club days (as of Saturday). Only 11 managers have more than 3 years at the helm of any club, only seven less than 2 years.

Meanwhile Albion boss Stuart Pearce arrived. Former boss Gus Poyet takes charge of Sunderland for the first time that weekend but the 'commentary' is far from plain now. The club has been overwhelmed from top to bottom. Oscar Garcia says that he has the chance as a front of a TV screen compared to his predecessor, but he has a full understanding of the importance of what they will do in Spain. (read)

Garcia was one of the young changes in the landscape at Sunderland as his mentor John Carew began to transform the Championship club. The Dutchman is known as former player and manager of the Le Mans club but



he also understood the club's own needs today for changing everything they do. With the presence of an estate chairman, Garcia can also enjoy success at the Amex. Home fans know in football but with a team around him that is engaged in the club's success, this season will surely arrive. The man alongside him in the dug-out at Huddersfield is also well known to Albion, and

Word: Stefan Jones enjoyed two long spells at both clubs as a player and also knows loyalty and belief is often the cause for something.

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Football

City's double defeat

Sussex BUA Cup
Lewes 3 - 0 Chichester City
Sussex County League: Durranton One
Lewes 0 - 4 Chichester City

En Chantier Breizhveur

CHICKSTER were eliminated from the Super Bowl by the hands of United States Linebacker on Tuesday night.

While most football fans were sitting in their armchairs watching England qualify for the World Cup finals on TV, a handful of spectators ventured to the remote 'out in the world' venue for the dramatic spectacle.

Unfortunately Clodfather never showed any late threat about the contest, and more disconcertingly he was 3-0 up Lonsdale who were making their first ever closer Tom Latta.

The hosts took the lead in the 46th minute when a corner from the right was headed in by centre-half Eddie French.

All the chances during the first-half fell to Luton, with Matt Hays curling a dangerous free-kick on 35 minutes and City keeper Anthony Clarke being forced to make a dramatic dive soon after.

Tim Martin fired over from a good position out before the break, and for Charleston

supporters it was the first welcoming moment of the night, when returning to the warmth of the clubhouse just in time to see Wayne Rooney head in England's opening goal.

Fifteen minutes into the second half, Cheltenham had a chance to level when Luke Kilmer drove a free-kick, but there was no one at the far post to finish off.

And moments later, a lightning-fast breakaway by Loxwood left winger Andre Ellsaie ended with a superb cross into the goalmouth for Martin to make it 2-0.

There was some impressive play from Laswood on 75 minutes, with Martin intercepting the ball close to and running back to the right before squaring it back to Elkins, who struck the third goal from close range.

A disappointing performance from Christopher Okungu, who looked far from his lower status and was repeatedly formidable in defence, never allowing City to test keeper Glenn Cole.

On Saturday, Cheltenham forced fourth-placed Longfield to work hard for their 2-1 victory.

The Sharvey hosts took the lead after only one session when a Gareth Evans free-kick led to Joel O'Hara score on 10th June 1999.

going far that city could be about to experience something similar to their previous game where they lost 4-0 to Lillehammer.

However, Claborn stubbornly held on with determination, not allowing Langford to build on these advantages. And in the fifth inning Josh Gase hit the equalizer with a capped free-kick that curled under the bar.

Longfield knew Dunn-Drew made his feelings known to the home players during the break, and it seemed to have some effect. Five minutes into the second half, a long sprint out the City defense and Haas nailed in a winner from alone, com-

Flag became more frantic as the on, with Marjorie Perry, Josh Maize, Connor O'Leary all producing shots at while a yelping minnow effort from Lee Japanese forward Heide-Lee Kato pulled off the game but ended upon a narrow.

Much to our analyst's amazement, Bonifacio had to be temporarily excused once he returned to the park, there was a situation for Chelmer, when Ponce



blest the ball over from a good position on the edge of the box.

A third, success-deliver for City, although a far more modest performance is seen: a team they haven't managed to beat in the last five years.

City V Lingfield: Baker, F Smith,
Walters, Remond, Gault, Hegarty,
Kilmer, Case, Ferry, Blomfield
Taylor, Sims, Lambert, Gross,
City V Lonsdale: Baker, Hewitt,
Ferry, Bonfield, Gault, Hegarty,
Kilmer, Case, Grossart, F Smith, Anna
Baker, Taylor, Bonfield.

Further,

Shrubb plants goals in Forest

South West Coastwaters
League 2009-2010
Classification only as opposed to Green Banners

FFHS to continue their unbeaten start to the season. Chichester level their highest hat-trick home third-placed Forest Green Rovers. Chichester's starting line-up looked very different from the team that finished second at the University of Portsmouth, with seven of its regular starting players having to play out of position.

Chelmsford made a superb start when after only two minutes Wicks played a perfectly weighted through ball to Chelmsley who after finding himself one-on-one with the keeper smoothly squared the ball to tellerle who quickly slotted the ball into the empty net. The early goal seemed to pump Forest Green into action. They began to attack but Chelmsley right and the pressure told when a slow cross into the box deflected off the foot of Wicksowski, not the player she was looking for on her birthday.

Forest Green enjoyed a lumpy share of possession for the rest of the half, however during the last 10 minutes of the half the midfield began to open up and Cheltenham enjoyed a good spell of possession, which was rewarded with a goal. Aboumouty played a pinpoint pass from centre back straight through the Forest Green middle to Chester who then tore himself in to make it 2-0 some into the break.

Only two changes in ball time lines on Hemlock for Hughes, Jones and Andler in Stranded. The sides tangled with a change of leaders passed off from the off with Chastner demonstrating possession in the David Green field. It was only a matter of time before the third goal came. Strickland hit second when she was put through on goal and calmly dropped the ball past the keeper from just inside the box. Chastner continued to dominate and was rewarded with a fourth goal when Pineda played a fast-moving ball through half to Andler who shot a shot of perfect bias the keeper



James David Smith, *University of North Carolina*, jds@unc.edu (Corresponding Author)

Abuqinayir (1990)

For the final 15 minutes Elche were forced to take their last of the game and allowed Forest Green back into the game. The opposition scored a second with around five minutes to go, the Forest Green midfielder sent the ball and played a ball into the number 10 which he shot into the goal for a score.

South West Combinations League 2013-2014

Stream	TW	Th
1. Elbow River (upstream)	2	2
2. Elbow River (downstream)	2	14
3. Elbow River (downstream)	2	12
4. Elbow River (downstream)	2	12
5. Elbow River (downstream)	2	14
6. Elbow River (downstream)	2	1
7. Elbow River (downstream)	2	2
8. Elbow River (downstream)	2	2
9. Elbow River (downstream)	2	2
10. Elbow River (downstream)	2	2

Manager Matt Wright said: "For a piece of that importance with a very modest performance in a position, however, there are still areas we want to improve on. To remain victorious in football and build up our numbers going into our next game." One area, says to Leishall, the Sunday

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